



Coordinated School Health (CSH) Institute
Using Coordinated School Health to Implement Local Wellness Policies

July 17 - July 18, 2006

University Plaza Hotel
Bowling Green, Kentucky

- *Understand the eight component CSH approach to school health*
- *Receive the latest news on legislative events impacting schools*
- *Improve Public Relations for better community support and funding*
- *Use data to understand your schools' needs and obtain funding*
- *Make the connection between improved health and optimal learning.*

Registration Fee: \$75.00 per person includes:

- Up to 2 nights hotel stay at the University Plaza Hotel
- Mileage reimbursement
- Conference meals
- Materials and supplies
- Health screenings
- CE credit for Nursing, CHES (Certified Health Education Specialist) and Effective Instructional Leadership hours (EILA).

Seating is limited

Sponsored by:

Foundation for a Healthy Kentucky, Inc. *and the*
Kentucky Department of Education

with support from the Kentucky Department for Public Health



What Is Coordinated School Health? Coordinated School Health is an approach to improve students' health and capacity to learn through a culture of positive health attitudes and programs valued in schools and supported by the whole community. Endorsed by the Centers for Disease Control (CDC), Coordinated School Health emphasizes the relationship between the following eight components working together to develop and engrain positive health attitudes and behaviors that will last for life:

- Health education
- Physical education and other physical activity programs
- Family/community involvement
- Nutrition services
- Health services
- Psychological and counseling services
- School health and safety policies and environment
- Health promotion for staff

Who Should Attend? The Institute is designed for school personnel (e.g. teachers, school nurses, administrators), Family Resource Center personnel and volunteers as well as parents and other community representatives (e.g. local health department staff and county extension agents) connected with a local school system and committed to improving the health status of children and their community. The sessions are intended for those who would like to explore using the CSH model and/or those who are already using CSH and would like to gather new ideas for enhancing programs.

How Much Does It Cost to Attend? The registration fee is **\$75.00** for both days and includes up to 2 nights hotel accommodations for participants living outside the Bowling Green area; mileage reimbursement for those outside the Bowling Green area; conference meals and materials and CE credit for nursing and CHES (Certified Health Education Specialist). We strongly encourage those traveling together from the same school or district to share a ride and a room. Mileage reimbursement forms will **only** be provided at the end of the conference.

How Do I Register? Complete the enclosed registration form and mail, along with a check for \$75 made payable to the *Foundation for a Healthy Kentucky* **no later than June 2, 2006**. You may fax your registration form (if it is accompanied by a purchase order) to 502-326-5748. Each person attending must complete a registration form even if several are coming from the same school district or community. Registrations will be accepted first come first serve, **seating is limited!** Registration confirmations will be provided by email.

Cancellation Policy. Because seating is limited – cancellations must be made by July 7, 2006 to receive a full refund of the \$75 registration fees. No refunds for cancellations received after July 7. To cancel, contact Joan Buchar at the Foundation (see contact information below).

Directions to the Hotel. I-65 Exit 22. North on 231 for 2 ½ miles. Right on Wilkinson Trace. *From points West:* Take the Western KY PKWY East for 76 miles. Take the William H. Natcher PKWY South toward Bowling Green. Take the US-231 Exit 7, toward Bowling Green US-231 South 3.13 miles. Turn left onto US-231 / US -31 West/Laurel Avenue. Turn right onto US-231/Broadway Avenue. Continue to follow US-231. Turn Left onto Wilkinson Trace. *From points East and Southeast:* Take the Louie B. Nunn Cumberland Parkway to I-65 South.

CE Credit. Nursing, CHES (Certified Health Education Specialist) and EILA (Effective Learning Leadership Act) credit will be provided. Certificates will be issued at the end of the conference. In order to receive CE credit, you must attend the entire conference. CE credit will be provided to those attending the entire conference – no partial credit will be given.

Questions. Contact Joan Buchar, MPH, CHES, Program Officer at the Foundation for a Healthy Kentucky toll free 1-877-326-2583 or email jbuchar@healthyky.org

CSH Institute Agenda

Dress Casual

Agenda times may change slightly

Monday, July 17, 2006

7:00 a.m. – Sunrise Activity Session (optional)
Start the day with a mind-clearing activity designed for all levels of fitness.

7:00 a.m. – Various health screenings available

8:00 a.m. – Breakfast Buffet and networking

8:45 a.m. – Welcome and Opening Remarks – Coordinated School Health (CSH) can help you implement your Wellness Policy and satisfy core content objectives.

9:15 a.m. – General Session – A dynamic presentation on the value of a Coordinated School Health Program for improving the health and learning of kids and how to develop the leadership needed to sustain it.

10:00 a.m. – Break

10:15 a.m. – Legislative Update – Receive the latest news on state and federal legislative events impacting schools, including local wellness policy information.

10:45 a.m. – Break Out Sessions:
CSH Component 1 – Health Education – examine and compare a variety of current curricula and learn about free health education offerings in your area.

CSH Component 2 – Physical Education and other Physical Activity Programs – learn how to make creative use of physical activity during the school day.

Noon – Lunch and invited speaker

1:15 p.m. – Break Out Sessions:
CSH Component 3 – Health Services – hear about the range of in-school health services options from a panel of experts. Find out how your school implement or enhance health services for students and staff.

CSH Component 4 – Nutrition Services – learn how Kentucky schools are improving their programs and receiving national recognition.

2:30 p.m. – Break

2:45 p.m. General Session – CSH Components 5 & 6 – School Environment and Counseling – Dr. Alan Beane and others will show how to make your schools bully-free and identify those at risk for harming themselves and others.

4:30 p.m. – Adjourn. Dinner on your own.

Tuesday, July 18, 2006

7:00 a.m. – Sunrise Activity Session (optional)
Start another day with self-paced physical activity to energize and de-stress.

8:00 a.m. – Breakfast Buffet

8:30 a.m. – Dr. Jeff Jones will discuss collecting the right data to identify your school needs and obtain funds for your programs.

9:00 a.m. – Break Out Sessions:
CSH Component 7 – Staff Wellness – hear about the newest CDC approach to staff wellness.

CSH Component 8 – Family and Community Involvement – learn how to build community relationships and support for school programs.

10:15 a.m. – 10:45 a.m. – Break and Hotel Check Out

10:45 a.m. – Public Relations. Take real steps to develop a school PR program for increased community support and funding.

11:45 a.m. – Wrap Up session. – Institute Evaluation Forms, CE certificates and mileage forms distributed.

12:15 p.m. – Lunch and adjourn

Registration Form

REGISTRANT'S NAME:			
SCHOOL / AGENCY NAME:			
STREET ADDRESS:			
CITY, STATE, ZIP:			
PHONE:		EMAIL:	

Please provide contact information for the School / District with which you are affiliated or working:

SCHOOL / SCHOOL DISTRICT:			
NAME OF PRINCIPAL OR SUPERINTENDENT:			
STREET ADDRESS:			
CITY, STATE, ZIP:			
PHONE:		EMAIL:	

Check all that apply:

<input type="checkbox"/>	My School or School District has a Coordinated School Health program already in place.
<input type="checkbox"/>	Other representatives from my school/school district will also attend.
<input type="checkbox"/>	I commit to attending both days of the conference, July 17 & 18, 2006
<input type="checkbox"/>	I will need an overnight room for: <input type="checkbox"/> Sunday, July 16 <input type="checkbox"/> Monday, July 17
<input type="checkbox"/>	I understand that for any reason I need to cancel my registration, I will contact the Foundation office so that someone else may be able to attend in my place.

Signature of Registrant

Please mail Registration Form no later than **June 2, 2006**. Registrations may be faxed if accompanied by a Purchase Order, fax to 502-326-5748. Mail to:

Foundation for a Healthy Kentucky
9300 Shelbyville Road, Suite 1305
Louisville, KY 40222

Questions: Please contact Joan Buchar, MPH, CHES, Program Officer at the Foundation for a Healthy Kentucky toll free 1-877-326-2583 or email jbuchar@healthyky.org